



Refer to Liz Driscoll's (NCSU Extension)

Veggie Planting Guide: Piedmont  
for more inspiration!

## SPRING AND FALL VEGETABLES

Arugula	Cilantro	Parsnips
Beets	Dill	Peas
Broccoli	Kale	Radishes
Cabbage	Kohlrabi	Spinach
Carrots	Lettuce	Swiss chard
Cauliflower	Mustard	Turnips
Chard	Parsley	



## 4-H Cloverbud Corner

[https://go.ncsu.edu/ohuextension\\_sssofautumn](https://go.ncsu.edu/ohuextension_sssofautumn)

"Sometimes we need to take a break from our hurried lifestyles and enjoy the sights, sounds and smells of autumn. Let's take a few minutes to help our 4-H Cloverbuds (5-8 year olds) explore each of these as we brainstorm them in a group and then go on an outdoor hike to explore as many **sights, sounds and smells** as we can."

Visit: [https://youtu.be/CG\\_wcEsHlHM](https://youtu.be/CG_wcEsHlHM) to hear more about this activity from Buckeye Hills 4-H



Register your enrollment profile  
in the NEW 4-H online system:  
**<https://nc.4honline.com/>**

Mecklenburg County  
**Park and Recreation**

MECKLENBURG COUNTY CENTER

## CONTACT US

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## 4-H Youth Development

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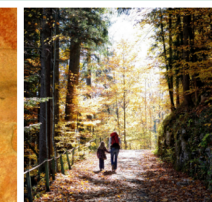


MECKLENBURG COUNTY 4-H



## 4-H at Home

ACTIVITY BROCHURE SERIES



# 4-H AT HOME

# Mecklenburg County 4-H 4-H Activities for YOU

*Fall is full of color and wonder. Color your world with 4-H activities to make the most of your autumn adventures. As the seasons change, let this be a season of learning and growth through 4-H!*



2019

AUTUMN  
edition

2019

## Marvelous Muscadines

"Muscadine grapes are a native North Carolina treasure. Rambling throughout the southeastern United States, muscadines are easy to grow and maintain, and they burst with flavor and nutrients. The deep purple and bronze-toned fruit clusters adorn farms and gardens and are spun into smoothies and grape hull pies, delighting the taste buds of children and adults alike." Check out the link below to dive into the Muscadine Grape Family Activity Guide for more on this beautiful fall fruit.



Credit: NCSU Extension & North Carolina Muscadine Grape Association  
<https://content.ces.ncsu.edu/muscadine-grape-family-activity-guide>

### Muscadine FALL Fruit Roll-Ups

To make a fruit roll-up, thoroughly wash and sort 3 1/2 cups of grapes. Put them in a large pot, add enough water to cover the bottom of the pot, and turn the stove to medium-high. Cook the grapes until soft, about 5 to 10 minutes. Pour the grapes into a food mill and extract the pulp and juice. Discard the seeds. Put the pulp and juice, 3/4 cup sugar, and 2 tablespoons of lemon juice back into the pot and bring it to a simmer over medium-high heat. Reduce the temperature to medium-low and cook, stirring occasionally, until the mixture is very thick, for 25 to 40 minutes. Caution with kids: the mixture may bubble up and splatter. Preheat the oven to 200°F.

Line a 12 x 17 baking sheet with a silicone mat or aluminum foil sprayed with cooking oil. Pour the fruit onto the mat or foil in a very thin layer. Bake for about 3 to 3 1/2 hours until the fruit is barely tacky. Cut the fruit into rectangles and then place on wax paper and roll it up! Store in the refrigerator for up to two weeks. Experiment by adding other fruit, too!

## Muscadine FALL Fruit Roll-Ups

Be inspired by these cute woodland creatures! You can create and send some festive fall cards to those who may need a boost this season! Spread joy...

**National Youth Science Day 2019**

Join Mecklenburg County 4-H for the 2019 National Youth Science Day (NYSD) challenge, Game Changers. Designed by Google and West Virginia Extension service, Game Changers teaches kids ages 8-14 how to use computer science (CS) to create games, solve problems and engage with topics they're passionate about. Use the QR code to register for our October 15th event from 5pm-6:30pm at Mecklenburg 4-H office.



## Fall Feels

Credit: 2018 National 4-H Activity Guide

# Make Someone Happy

Make and deliver cheerful cards to local senior citizen homes.

The theme of this year's National 4-H Week is Inspire Kids to Do, which highlights how 4-H encourages kids to take part in hands-on learning experiences in areas such as health, science, agriculture and civic engagement. The positive environment provided by 4-H mentors ensures that kids in every county and parish in the country—from urban neighborhoods to suburban schoolyards to rural farming communities—are encouraged to take on proactive leadership roles and are empowered with the skills to lead in life and career. Celebrate with us Oct. 6-12, 2019!



Show your 4-H pride by wearing green or the @4-H clover for the #National4HWeek spirit! Be sure to take pictures & share them with us using #InspireKidstoDo.

Credit: National 4-H, 4-h.org

INGREDIENTS:  
1/8 cup milk  
2 tablespoons canned pumpkin (or pie ready pumpkin)  
Dash of pumpkin pie spice  
1 tablespoon instant vanilla pudding mix  
Crushed graham crackers (1/2 cracker per person)  
Whipped topping

## EQUIPMENT:

Quart sizes Zip lock freezer bags  
Measuring cups  
Measuring spoons  
Serving spoons  
Plastic cups  
Scissors



### PROCEDURE:

1. Have the group members wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure that all work surfaces are clean.
2. Have the children crush up the graham cracker in their bag.
  3. Poor cracker crumbs into cup.
  4. Combine the milk and instant pudding in the bag.
  5. Remove the air from the bag and seal it.
6. Squeeze and knead with hands until the mixture is blended
  - about one minute.
7. Add pumpkin and pumpkin pie spice
8. Squeeze and knead with hands until blended
  - about two minutes.
9. Crush up graham cracker and place 2 tablespoons of graham cracker crumbs in the bottom of the small cups
10. Cut the corner of the freezer bag and squeeze pie filling into the cups.
11. Garnish with whipped topping

Credit: Michigan 4-H: Seeds, Weeds, & Gardening Reads:  
Pumpkin Pie in a Bag Document  
you can also find a variation of this activity on pg. 54-55 of  
Acres of Adventure Book 2, 4-H Curriculum